



Healthtrax
FIT FAMILIES FOR LIFE

Stay connected to Healthtrax at home, at work or on the road.
Visit our [website](#) for class schedules, programs, services, events and announcements.

The Latest on TRAX Talk

Did you know? Yoga can reduce the stress hormone cortisol significantly, even after just one class. And it lowers blood pressure. The focus on the breath in yoga is a skill that is often taken off the mat and into real life with positive results.



Learn more about yoga and the benefits of other mind-body fitness classes in our [TRAX Talk blog](#).

MARCH FITNESS OPEN HOUSE WEEK 25TH - 31ST

Special events, vendors & fitness demos all week!

Visit front desk for details and guest passes, or login to your Healthtrax Rewards account to email them.



**Guests must be age 18 years or older and first-time promotional visitor in past 6 months. Must bring a valid ID. Register at front desk each visit.*

Healthtrax Rewards Points = HydroMassage, FREE Training Sessions and More!

Take advantage of your member rewards through our Healthtrax Rewards program--and score FREE stuff!*

Haven't registered yet? It's easy and free to do! [Join here](#) or stop by Membership today and they will help you get started.

Healthtrax
REWARDS

**Rewards valid to be redeemed at home Center only. Rewards vary by location.*

Go Social for Exercise

Lack of interest in exercise is a common roadblock, especially for older adults and individuals with physical limitations or chronic conditions. The social aspect of physical activity in group exercise classes, like those included in your Healthtrax membership, can be a real motivator to exercise regularly.

Group exercise classes offered at your Healthtrax center may include Power, Zumba, Fight, Active, water aerobics, yoga, Pilates, chair exercise and more. No matter what your level of experience and ability, you're sure to find a favorite ... or, like many of our members, you can take a variety of classes to challenge yourself and keep your routine from becoming routine.

Either way, you'll find a wide variety of social, fun and as-challenging-as-you-want classes here at Healthtrax, all taught by certified instructors who make sure everyone in the class stays safe while having fun!

Source: Journal of Applied Sport Psychology

Small Group Training Sessions Are Here!

Our training staff would like to invite you to try one of our amazing small group training sessions. These movement-specific training sessions are perfect for those people who prefer more personal, professional guidance.

Sharing these personal training sessions with other members is motivating and fun. The camaraderie that you build with your teammates helps you to stick with your exercise program--and that leads you to achieve your goals!

Try a session on us!

Cost varies per program (\$240 for 12 sessions / typical program averages 2 sessions per week)

Contact Fitness Director [Peggy Gregor](#) for more details on our small group training programs or to **schedule your complimentary session.**

Welcome to Our New Trainers

We would like to welcome two new fitness professionals to our personal training team!

Julius Scott is a graduate of California University and holds multiple training certifications through NESTA. As an experienced trainer, Julius has worked with various clientele, including young athletes, seniors, sedentary, semi-pro athletes and those with specific physical limitations. His goal is to get everyone to live a healthy lifestyle.

Carmen Jansante is a recent graduate of Chatham University and will be attending graduate school in the fall to earn his doctorate in Physical Therapy. As a former athlete, Carmen excels at strength and conditioning training for all levels of clients, and is particularly focused on training for injury prevention.

Schedule a complimentary consultation with Carmen or Julius by calling 412-835-0500 x233.

Welcome Aetna Silver Sneakers Members!

March 28



Come to Healthtrax from **10:00 a.m.-1:00 p.m.** on **Thursday, March 28** for tours, demos, information sessions, Q&A and enrollments. Enjoy refreshments and take a class!

Group Fitness Feature Classes

10:00 a.m. Aqua Fitness

12:00 p.m. Aqua Arthritis

Fitness Desk / Personal Coaching Center

10:30 a.m. S.T.O.P. (Strength Training for Osteoporosis Prevention)

11:30 a.m. Strength training ideas for those with arthritis

12:30 p.m. "Stay On Your Feet" functional movement demo

Contact the front desk or call 412-835-0500 for details.

Group Fitness Class Spotlight: MOVE30

MOVE30™ will have you feeling and moving better in only 30 minutes! Build movement health by mastering the fundamental patterns that encompass everything you do in life. Grow your movement confidence with expert coaching, motivating music, and a supportive group environment that help you succeed. MOVE FOR LIFE!



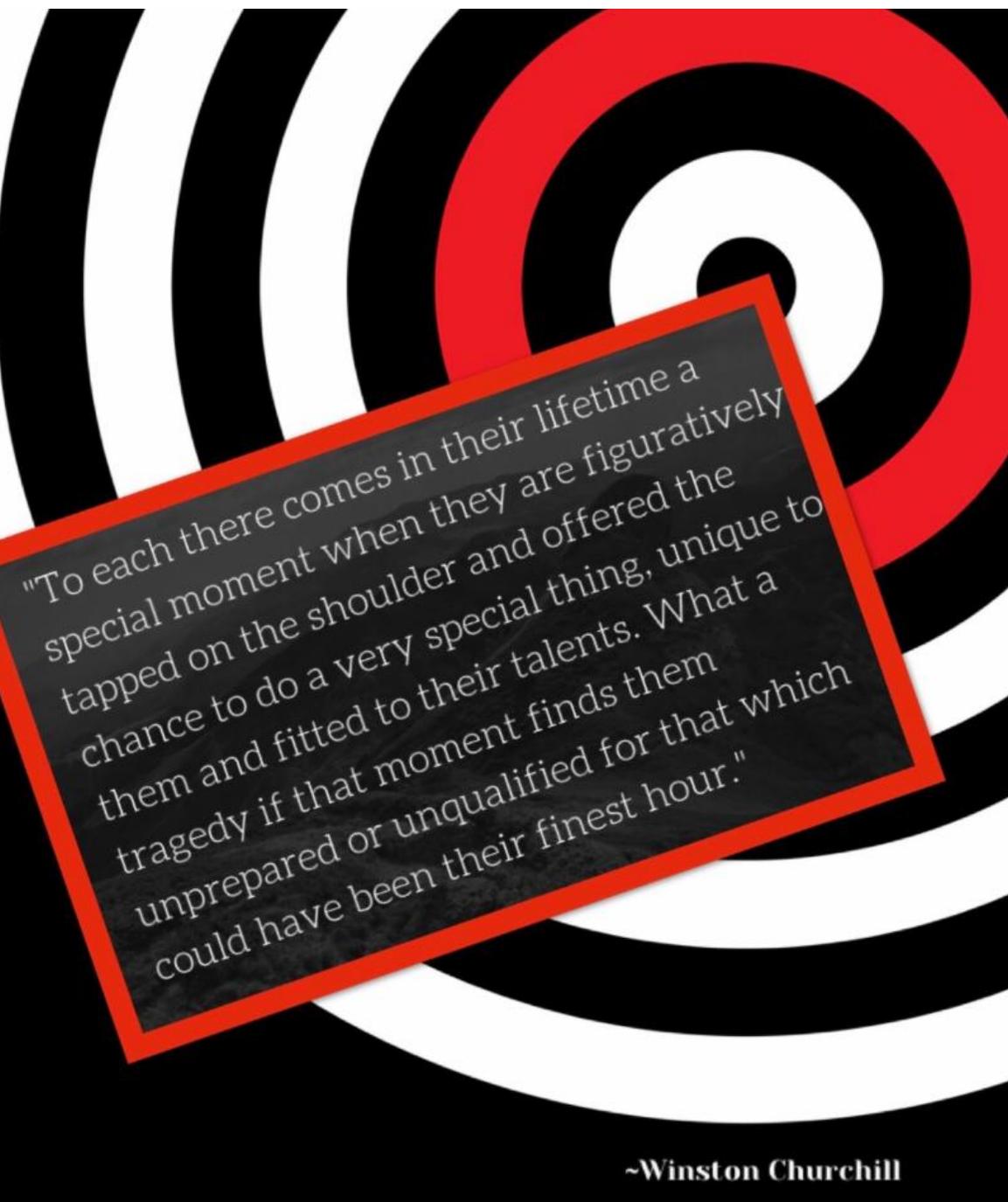
This class is a great way to BEGIN your exercise journey OR serves as the perfect reconditioning class for exercises enthusiasts who need to reset their bodies for the next workout.

Try MOVE30!

9:00 a.m. Mondays & Tuesdays

5:00 p.m. Tuesdays

And check the [schedule of all our group fitness classes](#)--all included with your membership!



"To each there comes in their lifetime a special moment when they are figuratively tapped on the shoulder and offered the chance to do a very special thing, unique to them and fitted to their talents. What a tragedy if that moment finds them unprepared or unqualified for that which could have been their finest hour."

~Winston Churchill

Been thinking about a career in fitness?

Check out current [full- and part-time job opportunities](#) at your center in **customer service, personal training; group fitness instruction and membership sales.**

How Are We Doing?

We value your comments, suggestions and compliments. Your feedback helps us keep our promise of service excellence. Please [click here](#) to let us know how we are doing.

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Healthtrax Fitness & Wellness at the **Allegheny Health and Wellness Pavilion**
1000 Higbee Drive, Bethel Park | 412-835-0500 | healthtrax.com